THE INDUSTRIAL LABOUR WELFARE ASSOCIATION LTD.,

SIDDHA RESEARCH LAB,

"Conti Buildings", Avanashi Road, Coimbatore.

General Instructions for DIABETIC PATIENTS

Dr. G. D. NAIDU,
President, The Industrial Labour Welfare Association Ltd.,
Coimbatore, South India.
C/o. Mr. Rudolf Schmidtmann, Stuttgart-Kaltental,
Hohlohweg 12, West Germany, Phone: 73859
C/o. Thos. Cook & Son Ltd., Berkeley Street, Piccadilly,
London W. 1

In-charge of Laboratory:
Dr. B. P. B. NAIDU, M. D. (Edin), M. Hy., D. P. H.,
D. T. M. (L'Pool).

Dr. M. Shanmugavelu, L. I. M., H. P. I. M.,
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General Hints for Clinical Trial of Indigenous Medicines.

The doctors who handle Siddha special medicines for the cure of Diabetes are requested to go through the printed pamphlets attached herewith and note carefully the deserving cases for the administration of these medicines and other instructions regarding the diet etc. Doctors in other systems such as Allopathy, Homeopathy, Ayurveda and Unani may not take so much care to manufacture or introduce these medicines on account of some prejudice or other. Therefore these medicines are to be given only to Siddha doctors. Of course, if Allopathic doctors with research and clinical test facilities come forward for these medicines we can help giving these medicines as well as our supervision.

The line of treatment adopted in the Siddha Research Lab; at Coimbatore for the cure of Diabetes Mellitus.

1. The medicinal part of our treatment consists mainly of a combination of vegetable products, their extracts and to a small extent of certain mineral and metalic high class of special Siddha preparations. These are

definitely non-poisonous, widely employed and proved marvellous effect on very many cases without any kind of side-effects.

2. The combination of drugs varies with the mild, moderate or severe type of diabetic cases. Our specifics are in the form of powders and pills. Instructions will be given at the time of undertaking treatment regarding their administration, dose, anupanam, diet and other advice to each individual case.

3. After the Glucose tolerance test is determined and after the case sheet is filled up what drugs should be given in a particular instance will be considered and decided. Of course weight, height, blood pressure, history of the case, environments and total output of urine in 24 hours etc., should be noted in the case sheet furnished to the patients.

4. We do not prescribe any rigorous diet restriction for our medicines but in point of the disease it is safe to follow the usual Anti-Diabetic diet avoiding rice, sugar, sweet-meats, tubers, curds etc., and allowing wheat, ragi, mutton, greens, dhall, bread, eggs and milk etc., with occasional fasts. In place of sugar, saxin tablets or saccharine tablets may be substituted.

5. Walking or other regulated exercise is considered essential.

6. No day sleep but early to bed at night is beneficial.

7. Bowels should be kept regular or normally moved.

8. Abdominal muscles toned up by gentle massage and rubbing with oil, sunbath in the morning is recommended.

9. Every Sunday the weight is recorded – 24 hours collection of urine is examined for its total quantity and sugar content. Progress in alleviation of clinical signs and symptoms is to be noted.

10. Medicines should be regularly taken at fixed time.

11. Jambuline seeds coffee is recommended.

12. Sexual indulgence and other intemperance should be guarded against.

N. B.:– Although a permanent cure cannot be promised in every case, still a permanent control over the disease can be assured if due attention is paid to the above details of treatment. Once the disease is brought under control the medicinal part of the treatment is dropped out usually in three to six weeks, and more liberal diet including starch and sugar is allowed gradually.

Siddha treatment of Diabetes Mellitus (Oral)

1. The treatment consists in the oral administration of a powder and pills consisting of Indigenous Medicinal plants and certain mineral and metallic preparations which enjoy great reputation in the treatment of diabetes mellitus for centuries past in India. They are prepared in a scientific and special manner. They are harmless.

2. This powder is administered in proper dose both morning and evening mixed with milk or honey. The pills are given in the noon and at night after food. There is no great restriction in diet except for the sake of the disease itself.

3. The treatment lasts for 3 to 6 weeks with intervals of rest under personal observation. Lodging and boarding have to be arranged by the patients themselves. At the end of this course, the patient goes back to his ordinary diet gradually without having any signs and symptoms of this disease.

4. The advantages of this oral administration of our specifics over insulin are mentioned below:

(1) The powder and pills are taken orally whereas Insulin cannot be taken orally. Insulin is to be injected causing pain and it is a nuisance daily.

(2) The powder and pills are cheap, insulin is expensive; injections have to be given by a medical man in most cases, which means spending more money.

(3) There is no harm with the powder and pills even if they are taken a little more or less. If the insulin injection is more than the required dose the patient suffers from Hypoglycaemia, and if it is less there is Hyper-Glycaemia. In both the cases the patient is exposed to coma.

(4) Insulin does not act in the same way with every one. With some patients the dose has to be considerably large and needs the constant supervision of a doctor.

(5) If this powder and pills are discontinued, there is no immediate after-effect. If insulin is stopped the blood-sugar kept under control by insulin goes up with the attendant danger.

Further instructions to diabetic patients regarding their daily routine.

When one drug in the treatment of diabetes mellitus or for that matter any other diseases fails, another drug need be tried. Because there are peculiarities in constitution and what agrees with one, may not agree with another.

If you are to be benefitted by any line of treatment you must submit yourself to a daily

regimentation and every instruction given below should be rigidly followed like clockwork to time:-

1. Get out of bed early in the morning and pass urine in a clean bottle to estimate its sugar content. This is the testing urine.

2. If you are used to a morning cup of coffee or tea have it with milk just to colour and sweeten it with saccharine to taste.

3. Take your morning exercise; this is both important and necessary, walk a couple of miles briskly without tiring yourself much; just enough and no more is the rule.

4. Returning from your morning walk take our medicine prescribed for you. After a lapse of half an hour take the prescribed breakfast.

5. Relax (on easy chair or on a sofa) both physically and mentally; do not tax your brain with heavy reading; read your morning papers if you like.

6. Have the prescribed lunch at noon. Relax again, but do not go to sleep; day sleep is the worst thing to do for your health. To occupy the mind read some light literature; avoid discussions and arguments or anything that excites the mind; mental rest is a part of the treatment.

7. Pass urine in a clear bottle 2 to 3 hours after lunch; keep to the same time daily; examine this urine for sugar.

8. Have your tea in the evening and take a walk as in the morning. After your return from walk take your medicine as instructed.

9. Have your prescribed dinner by 8–30 P. M.; rest for a while and then retire to bed, keep your mind vacant you will soon fall asleep. After a few days practice sleep will come automatically. Do not keep thinking once you are in bed; you will wake up the next morning greatly refreshed.

Diabetic patients should take note of the following points.

1. *Physical exercise*: This definitely improves carbohydrate metabolism in suitable cases and is of great value. Its value as prophylactic is undoubted.

2. *Avoidance of mental worries*: As mental worries increase the blood sugar and cause increased sugar excretion in urine, it should be avoided as far as possible.

3. *Relaxation*: An occasional relaxation by a trip to the hills or other pleasure resorts often helps to bringing about a great improvement in the physical condition of the diabetic.

4. *Avoidance of overweight*: Over-weight is very undesirable. Every patient should endeavour to maintain a normal weight according to his age and height – for "Diabetes is a penalty to obesity" (Joslin).

5. *Avoidance of infections*: Infections of any kind definitely lower carbohydrate tolerance in a diabetic and visibly increase the severity of the disease. Always beware of such infections as boils, carbuncles, gangrene, abscesses, lobar-pneumonia etc. and report yourself to your physicians at once should these occur.

6. *Avoidance of oral sepsis*: Scrupulous care of the teeth and mouth is essential for diabetic patients; ill effects of pyorrhea by absorption of pus there from certainly retard the progress of treatment and may some times produce a dangerous condition in the diabetic patients.

7. *Avoidance of skin infections*: Diabetics should keep it scrupulously clean and should be very careful of cuts and bruises however simple or trivial they may be.

8. *Avoidance of constipation*: Diabetics must particularly avoid constipation. If vegetable diet and abdominal exercise fail to bring about normal bowel action, they should resort to mild laxatives but should avoid drastic purgatives.

To

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Fragebogen (Zucker)

Questionary (Diabetes)

(Vom Arzt auszufullen)
(To be filled in by the Doctor)

1 Name und gegenwartige Anschrift
Name and present address
பெயரும் விலாசமும்

2 Geburtsort und - datum
Birthplace and date
பிறப்பிடம் — வயது

3 Gewicht
Weight
எடை

4 Grosse
Height
உயரம்

5 Schulbesuch, Studium? wann abgeschlossen?
Educational subject? Up to what year?
எதுவரை படித்திருக்கிறீர்கள்? கல்வி முடிவடைந்த வருடம்?

6 Falls verheiratet, Heiratsdatum?
If married what date?
கல்யாணமாகியிருந்தால் எந்த தேதி?

7 Geburtsdatum der Sohne?
Dates of birth of sons?
ஆண் மக்கள் பிறந்த தேதி?

8 Gebrutsdatum der Tochter?
Dates of birth of daughters?
பெண் மக்கள் பிறந்த தேதி?

9 Wann wurde zuerst Zucker festgestellt?
When was sugar found out?
சிறு நீரில் சர்க்கரை எப்போது காணப்பட்டது?

10 Damaliger Urinzucker in %?
Percentage in urine at that time?
அப்போது சிறு நீரிலிருந்த சர்க்கரை விகிதம்?

11 Damaliger Blutzucker in %?
Percentage in blood at that time?
அப்போது இரத்தத்திலிருந்த சர்க்கரை விகிதம்?

12 Jetziger Urinzucker in %?
Percentage in urine now?
இப்போது நீரிலுள்ள சர்க்கரை விகிதம்?

13 Jetziger Blutzucker in %?
Percentage in blood now?
இப்போது இரத்தத்திலுள்ள சர்க்கரை விகிதம்?

14 Wieviel Insulin wurde damals verordnet?
If insulin was prescribed how much?
இன்சுலின் ஊசி போடப்பட்டிருந்தால் எவ்வளவு யூனிட்?

15 Von wann ab?
From when?
எப்போதுமுதல் இன்சுலின் ஊசி போடப்பட்டது?

16 Wieviel insulin wird jeizt gespritzt?
How much insulin is injected now?
இப்போது இன்சுலின் எவ்வளவு யூனிட் உபயோகிக்கிறீர்கள்?

17 Waren vater uder Mutter zuckerkrank?
Has father or mother got diabetes?
தந்தை - தாய்க்கு நீரிழிவு உண்டா?

18 Ausgeubter Beruf nach der Schulzeit?
Work engagements after school?
படிப்பு முடிந்த பிறகு நீங்கள் பார்த்துவந்த தொழில்கள் யாவை?

19 Waren Sie von sonstigen Leiden befallen und von wann bis wann?
Suffered from any other disease and when?
வேறு வியாதிகள் உமக்கிருந்தால் என்ன வியாதி? எப்பொழுது?

20 Hauptnahrungsmittel vor Ausbruch der Zuckerkrankheit?
General food before diabetes?
நீரிழிவுக்கு முன் நீர் சாப்பிட்டுவந்த உணவுகள் யாவை?

21 Welche Diat halten Sie zur Zeit ein?
What food now?
இப்பொழுது என்ன ஆகாரம் சாப்பிடுகிறீர்கள்?

22 Jetziger Beruf?
In what work engaged?
இப்பொழுது பார்த்துவரும் தொழில் யாது?

23 Kann ein Berufswechsel vorgenommen werden?
Can work be changed?
தொழிலை மாற்றிக்கொள்ள முடியுமா?

24 Kann mit der Arbeit 6 Wochen oder langer ausgesetzt werden?
Can work be stopped for 6 weeks or longer?
6 வாரமும் அதற்கு மேலும் ஒய்வு எடுக்க முடியுமா?

25 Wieviel Stunden arbeiteten Sie dine Ermudung vor Auftreten des Zuckers?
How many hours could you work without getting tired before sugar was found?
நீரிழிவுக்கு முன் நீர் களைப்பில்லாமல் எத்தனை மணி நேரம் வேலை செய்யமுடிந்தது?

26 Wieviel Stunden arbeite Sie jetzt ohne Ermudung?
How many hours can you work now, without getting tired?
இப்போது களைப்பில்லாமல் எவ்வளவு மணி நேரம் வேலை செய்ய முடியும்?

27 Wie oft haben Sie vor Auftreten des Zuckers Urin gelassen (a) tags, (b) nachts?
How many times did you pass urine before sugar was found (a) in day time (b) during night?
நீரிழிவுக்கு முன் பகல் இரவு நேரங்களில் எத்தனை தடவை சிறுநீர் கழித்தீர்கள்? (a) பகல்? (b) இரவு?

28 Wie oft jetzt (a) tags, (b) nachts?
How many times now (a) in day time, (b) during night?
இப்பொழுது (a) பகலில் எவ்வளவு தடவை? (b) இரவில் எவ்வளவு தடவை?

29 Wie oft am Tage nehmen Sie Flussigkeit zu sich und welche Gesamtmenge?
How many times a day do you take water or drinks and how much a day?
நாளொன்றுக்கு எவ்வளவு தடவை, எவ்வளவு அளவு தண்ணீர் குடிக்க நேரிடுகிறது?

30 Weitere Bemerkungen, Komplikationen oder Einzelheiten?
Other remarks, complications or particulars?
வேறு குறிப்புகள், தொடர்பு நோய்கள் மற்றுமுள்ள விவரங்களிருப்பின் எழுதவும்.

Bitte in Druckbuchstaben schreiben
Please write in block letters.
தயவுசெய்து அச்சு எழுத்தில் எழுதவும்.

Date :
தேதி :

Place :
இருப்பிடம் :

Signature.
கையொப்பம்.

9. *Avoidance of frequent co-habitation*: Make sure the reason for this is obvious.

10. *Avoid intemperance*: (Make sure.)

Special instructions for Diabetics with obesity (Fasts)

1. Observe short fast for 3 or 4 days, then live on a diet of milk and fresh fruits for about a fortnight.

2. Keep the bowels always free and pure; if any sign of constipation, take an enema regularly until smooth and normal action of the bowels is got.

3. Take tonic bath invigorating friction of the body with a rough towel.

4. Take a brisk walk in the crisp morning air.

5. Do deep breathing in the fresh open air.

6. Take life-giving sun bath.

7. Take regular light physical exercise.

8. Have perfect mental relaxation.

9. Do not lose your temper; avoid anger and lust; and observe celibacy if you want a radical cure.

10. Feel strongly that you are daily getting progressively better in health following the treatment.

11. Never over-eat; let the evening meal be light and taken very early so that you go to bed with a stomach not heavy.

12. Faith, patience and self-control are effective in curing Diabetes Mellitus and its complications.

Diabetes and diet General Direction :-

The outstanding feature of Diabetes is a decreased capacity of the system for the utilization of carbohydrates.

Diet forms an important part in the treatment of Diabetes. In prescribing a diet to the diabetic, one must be guided by (1) the age of the patient, (2) the severity of the disease and (3) the ability of the patient to follow instructions because of the demands of his occupation and the presence of complicating diseases of one kind or other.

Diet prescribed is restricted and must be carefully regulated. It must be easy of digestion and it must be apetising and varied. Patient need be warned of the aggravating effect on diabetics of infections and other complications. In mild and moderately severe cases, treated without insulin injections, observe the following :-

1. No sugar or sweetened foods allowed. Use saccharine to sweeten tea or coffee. Honey is to be used in very great moderation.

2. Restrict foods known to be rich in carbohydrate. Examine urine daily for the presence and amount of sugar. Reduce the carbohydrates intake accordingly.

3. Take minimum amount of fat in the form of butter. Use skimmed milk instead of whole milk. Skimmed milk may be taken in quantity of one or two cups daily.

4. Meat (goat, fowl, dear, birds, fish) should be eaten in small quantity about 3½ oz (100 gms) daily. Cheese may be used as substitute for meat.

5. One egg is allowed per day.

6. Butter may be added to vegetables in cooking or with bread. But use butter in great moderation.

Leafy Vegetables and Flowers Allowed in Diabetes Mellitus

Leafy Vegetables:–

Murungai keerai	Cabbage
Spinnach,	Lettuce
Kaanchaaku	Vendaya keerai
Pesala kura	Bachchali kura
Mola keerai	Ponnangkanni
Chirukeerai	Palakeerai
Chaatha laasikura	Chakra varthi keerai
Nalla Ummaththi	Paruppu keerai
Elichevikeerai (best)	Thippa teega
Vaththi kura	

All Bitter Edible Leaves :–

Manubala kura	Asparagus
Celery stalk	Dandilion

Sour Green Leaves :–

Gonkura	Puli (Chinta kura)
Pulla kura	Chemakura
Mamidi chiguru	mamidi puvu
Vepa chiguru	Vepa puvu

Flowers :–

Murungai poo	Cauli flower
Plantain flower.	

Milk Products :–

Skimmed milk	Butter (moderation)
Cheese	Butter milk (fat removed)

Beverages :–

Coffee, Tea, Ovaltine (moderation), Lemon water, Orange Juice, Tomato Juice, Honey, Garugha Water.

Vegetables of 3% and 6% groups are permissible as desired :

3%

Asparagus, Green pepper, Beet greens, Lettuce, Brussels sprouts, mushrooms, Cabbage, Radishes, Cauliflower, Spinach, Celery, String beans, Cucumber, Summer squash, Dandilion greens, Tomato, Egg plant, Water cress, Endive.

6%

Beets, Carrots, Onions, Turnips.

Grains, Cereals & Pulses allowed in Diabetes:–

1. Very old rice-stored long, rice which mature in 60 days – hand-pound is best suitable.
2. Wheat, Barley, Oats, Ragi, Thinai, Cambu, Varagu.
3. Bengal gram, Horse gram, Green gram, Red gram, Soya bean.

Fruits allowed:–

Wood apple
Plantain fruit
Orange
Lemon
Tomato
Sour Pomegranate
Jambul fruit
Tripala

Nut allowed:–

Walnut
Almonds (blanched)
Pistachio
Pine kernels (steeped in orange juice)

Vegetables allowed:–

Tender plantains
Arati Dantu (green)
Murangai Kai
Kaakara Kaya
Pudalang Kai

All bitter vegetables:

Cucumber, Celery,
Ribbed gourd (Beerkan kai)
Vegetable marrow
String beans
Country figs (tender)
Lady fingers
Tender brinjals

Vegetables allowed:–

Chedupatla (Tricho santhus dioica)
French-bean Fresh-bean, Onions (moderation) Asparagus,
Kodiseb kaya, Mokkapu kaya, Dundilipu kaya, Induppu kaya.

Flowers allowed:-

Cauli flower
Mango flower
Margosa flower
Murungai flower
Thungedu flower
Tenkaya poovu
Anti puvu
(Plantain flower)

Animal food allowed:-

Meat of Goat, Deer, fowl and birds, fish in moderation.
Egg (one only daily)

Chatnies allowed:-

Pudeena leaves
Koththamallee leaves
Tender tamarind leaves
Tender leaves (mango)
Karehpaku leaves (Kariveppillai)
Anti thandu (Plantain inner stem or cord)
Nellikaya varagu.

Diabetes and Diet

Bread (chapathi) made of equal parts of the flour of wheat and Bengal gram is considered best for the diabetic.

2. Soup made of such pulses as phaseolus mungo (pachcha pasalu), cicer lens (chiru payaru or chiru senigalu) cicer arietinum (Bengal gram).

3. The meat juice of goats, deer and fowl.

4. Curries made of vegetables such as Trichosanthes dioics (chehdu potla or peipudal), Ficus giomerata (Aththi chettu), the stem of plantain palm, flowers and tender fruits of Moringa pterygosperma (Murungai).

5. *Chuttinies*: made of coriander leaves, pudeena leave, tamarind flowers, margosa flowers, fruits of emblica officinale (nellikaya), tender mango fruit, tender kara kaya (Kadukoi-pinji), tender tamarind fruit.

6. *Fruits*: of wood apple, Jambulina, Bale fruit, Sour pomegranate, well riped plantain, apple.

7. *Drinks*: Weak tea and coffee, skimmed milk, butter milk well churned out of butter, orange juice, tomato juice, water in which dharba grass has been boiled and cooled water, juice of citrus acids (lemon).

Menu: *Morning and Evening*

1. Godhuma (wheat) Annam
2. Godhuma (wheat) rotteh
3. Boiled and cooled water to drink
4. Godhuma (wheat) and Rava flour made into bread.
5. Godhuma (wheat) and chenna flour made into bread.

   (Another drink – manupasupu and pasupu and Peddha papara and Tunga geddalu – take equal parts, prepare decoction and drink).
6. Thiriphala Kashayam to drink at night.
7. Vegetables and chatneys

8. Soup of pulses and meat
9. Roast or grilled goat's mutton.

Broths and Soups

Their food value is comparatively small while their bulk is large and filling to the stomach and satisfying to the apetite. In their preparation chopped cabbages, Celery, String Beans, Tomato, Onions etc., may be used. Fat should be avoided. While employing tomato, remove the skin and seeds by sieving. One egg a day, Ground almonds, about 1/3 oz. and milk about 3½ oz. daily are enough.

During Periodical fast

One can take tender coconut water, Orange Juice, water with little honey added to it, Lemon juice in water sweetened with saccharine may be taken.

Dietetic Treatment of Diabates Mellitus

Breakfast:

One ripe plantain
Juice of fruit phyllanthus emblica 1 tola
Honey 4 mashas
Sugar 4 mashas
Milk ¼ seer

Fruit of Conovovulus paniculatus and Asparagus recomosus in equal measure mixed with milk or juice or pulp of fruit ficus

glomerate (larger variety the pulp of the seeds of Eugenia, Jambolana, juice of fruit of Phylanthus emblica, juice of the bulbus root-stock of plantain plants, juice of the new-born palmyra fruit, as also roots of date tree, the juice of roots of Kemordica monodelpha, water in which new-born raw guavas have been soaked, and the juice of burnt fruit or cucumis acutangulus.

During day time - Lunch:

Old rice of fine varieties

Soup of such pulses as pheseolus mungo, Cicer lens and circer arientinum;

The meat juice of goats, deer and fowl

Curries made of such vegetables as Trichosanthes

Dioica, ficus, glomerate (of both varieties) cucumis acutangulusin plants and plantain flowers, variety of plantains called maanchkalaa; leaves of moringa ptergosperma; the ods of the same should be taken.

Evening meals - Dinner:

Chapatis made of flour "ata" of wheat or barley - Curries made of vegetables named above, skimmed milk, fruit of Phylanthus emblica and of Eugenia jambolan, bulbous roots, scirpur kysoor, ripe plantains juice of Citrus acids and old wines prove beneficial.

All kinds of drying operations as physical exercise are beneficial.

If disease is in its intensity – during day time take chapaties of wheat flour or barley instead of rice or milk, the kind indicated above. Boiled water cooled should be drunk; should bathe in similar water. All kinds of heavy food, food also that generates phlegm, flesh of animals living in marshy regions, curds, milk in copious measure, sweets, c u c u r b i t a pepo, Cucorbita lagenaris, Potherbs, Sour articles, the soup of p h a s e o l u s radiatus, chillies and other pungent things, water in copious measure, strong wines, sleep at day time night-keeping, excessive sleep, sexual indulgence and inactivity should be avoided as these are very harmful in this disease.

மதுமேக நோய்க்கு ஆகாரவிதி :

1. பழைய நெல் கைக்குத்தலரிசி ஒரு வேளை. (60 நாள் வித்து)

2. சம்பா கோதுமை.

3. ராகி, பார்லி, ஓட்ஸ் (Oats), தினை, கம்பு, வரகு இவை உபயோகிக்கலாம்.

4. கடலை (Bengal gram), காணம் (கொள்) பாசிப்பருப்பு, துவரை பருப்பு, சோயா பீன்ஸ் (soya beans) சேர்க்கலாம். உளுந்து கூடாது.

5. கோதுமை மாவும், கடலை மாவும் கலந்து சப்பாத்தி செய்து சாப்பிடலாம்.

6. பச்சைப்பயறு, சிறுபயறு, கடலை இவை சேர்ந்த சூப்பு சாப்பிடலாம்.

7. வெள்ளாடு, கோழி, மான், புறா இவற்றின் இறைச்சி சூப்பு, குளம்பு சாப்பிடலாம். மீன் சேர்க்கலாம்.

8. வாழைத்தண்டு, பூ. காய் இவைகள் உபயோகிக்கலாம்.

9. முருங்கைக்காய், பூ, கீரை, கத்திரிக்காய், எல்லா வகைக்கீரைகள், வெண்டிக்காய், பீர்க்கங்காய், புடலங்காய், அவரைக்காய் பீன்ஸ், French beans, முட்டைகோஸ், காலிபிளவர் (Cauli flower), வெள்ளரிக்காய், பாவற்காய் இவை சாப்பிடலாம். (பூசினிக்காய், கிழங்கு வகைகள், நெய், வெண்ணெய், தயிர், இனிப்பு பண்டங்கள் ஆகாது!)

10. வெண்ணெய் எடுத்த பால் (skimmed milk), மோர், பாலாடை இவை சாப்பிடலாம். வெண்ணெய் தேவையிருந்தால் சிறிதளவு சப்பாத்தி செய்ய, ரொட்டியுடன் சாப்பிட உபயோகிக்கலாம். பதார்த்தங்களை எண்ணெயிலேயே பொரித்துச் சாப் பிடுதல் கூடாது. மற்றபடிக்கு வேகவைத்து அல்லது கூட்டுப்பண்ணி ஆவியில் அவித்துச் சாப்பிட லாம். வெள்ளாட்டு மூளை, ஈரல், கிட்னி இவை உபயோகிக்கலாம். எண்ணெயும் கொழுப்பும் உப யோகித்தல் கூடாது. பச்சை முட்டை ஒன்று சாப் பிடலாம்.

11. நாவற்பழம், ஒரு ஆரஞ்சு சாப்பிடலாம். வாழைப்பழம் ஒன்று படுக்கைக்குப் போகும்போது சாப்பிடலாம். தக்காளி உபயோகிக்கலாம்.

12. ஒவ்வொரு முறை சாப்பிடும் ஆகாரம் நிதானமாகவும் குறைவாகவுமிருக்க வேண்டும். வயிறு முட்ட அதிகம் சாப்பிடுதல் கூடாது. எது சாப்பிட்டாலும் 3 மணி நேரத்தில் செரிக்கக்கூடிய தாகயிருக்க வேணும். ஆகாரம் சற்று சிறுத்தும் இலகுவில் செரிக்கக்கூடியதாகவும் இருக்க வேணும்.

13. காலையிலும், மாலையிலும் முடிந்தவரைக் கும் மெதுவாய் நடை பழக வேணும். இதுதான் முக்கியமானது. ரொம்பவும் வேகமாகவும், தடபுடலாகவும் நடையோ அல்லது காரியங்கள் செய்வதோ கூடாது.

14. பகல் தூக்கம் கூடாது. ஆனல் இரவில் சீக்கிரம் தூங்கி காலையில் சீக்கிரம் எழுந்திருக்க வேணும். போதிய அமைதி (rest) உடலுக்கும் உள்ளத்திற்கும் இருக்க வேணும்.

15. ஆகாரம் சாப்பிடுவதோ, நடை பழகு வதோ (exercise) தூங்குவதோ காலநிரணயத்தோடு கணக்காக அனுசரிக்க வேணும். மனதில் கவலையும் உடலில் ஆயாசமும் உதவாது! இனிப்புக்குப் பதிலாக சாக்கரின் (saccharine tablet) உபயோகிக்கலாம். கோதுமை கூட கைக்குத்தல் நலமானது.

16. இரவில் கண்விழித்தல் கூடவேகூடாது. சோம்பலாகயிருத்தல் கூடாது. அதேசமயம் அதிக உழைப்பும் கூடாது!

17. வயிற்றின் நிலே, சீரணமாகிய நிதானம், மல சலம் கழிவு இவற்றை அறிந்து உணவாதிகள் சாப்பிட்டு வரவேணும்.

18. சட்னி: பச்சைக் கொத்து மல்லி இலே, புதினு இலே, புளியம்பூ, வேப்பம்பூ, நெல்லிக்காய், பிஞ்சு மாங்காய் (மாவிடு) மாந்துளிர், புளியம் பிஞ்சு, முதலியன. கறிவேப்பிலே சேர்க்கலாம்.

19. பழங்கள்: ஆப்பிள், நாவற்பழம், புளிப்பு மாதுளே, எலுமிச்சு, தக்காளி, நன்ருய்ப் பழுத்த வாழைப் பழம் சேர்க்கலாம்.

20. பானம்: லேட் டீ (tea), காப்பி (coffee), மோர், வெண்ணெய் நீக்கிய பால், ஆரஞ்சு ரஸம் (juice), தக்காளி ரஸம் (juice) – கொதித்து ஆறிய வெந்நீர், எலுமிச்சம் பழச்சாறு வகையரு சாப்பிடலாம்,

21. ஏகாதசி விரதம் போல் 15 நாள்களுக்கு ஒருமுறை விரதமிருப்பது உடலுக்கு நல்லது.

விரதம் நாள்களில் இளநீர், ஆரஞ்சு ரஸம் (juice), தேனுடன் தண்ணீர் கலந்தும், எலுமிச்சம் பழச் சாறுடன் சாக்கரின் மாத்திரை கலந்து தேவையான நேரம் பசி அதிகம் ஏற்பட்டால் உபயோகிக்கலாம். ஏதேனும் ஒன்று சாப்பிடலாம்.

22. கீரைவகைகள்: முருங்கைக் கீரை – முளைக்கீரை – அரைக் கீரை – பசளைக் கீரை – சிறு கீரை – எலிச்செவிக் கீரை – முட்டைகோஸ் – வெந்தயக்கீரை – பொன்னுங்கணிக் கீரை – பலகீரை – பருப்புக்கீரை – சக்கிரவர்த்திக் கீரை – இவை உபயோகிக்கலாம்.

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